

Chicken Rice Salad

Makes: 4 servings

Add fresh vegetables and seasonings to leftover chicken that has been properly handled and rice for a quick and delicious salad.

Ingredients

- 4 cups** lettuce
- 2 cups** brown rice (cooked)
- 2 cups** chicken breast, skinless roasted
- 1** tomato (cored and diced)
- 1** green pepper (cored and diced)
- 1 tablespoon** olive oil
- 1** lemon, juiced
- 2 tablespoons** vinegar (flavored)
- hot pepper sauce (optional)
- Italian herb mix and black pepper to taste (optional)

Directions




1. Toss all ingredients together in a large salad bowl.
2. Use personal taste preferences to determine the amounts of seasonings.
3. Serve immediately. This salad looks great when served on a large plate with a few of the seasonings sprinkled on top.

Source: Food and Health Communications, Inc., Cooking Demo II

Nutrition Information

Nutrients	Amount
Calories	271
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	57 mg
Sodium	281 mg
Total Carbohydrate	28 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	24 g
Vitamin D	0 IU
Calcium	37 mg
Iron	2 mg
Potassium	436 mg
N/A - data is not available	

MyPlate Food Groups

	Vegetables	3/4 cup
	Grains	1 ounce
	Protein Foods	2 1/2 ounces